

HOROSCOPE

Week of November 20, 2006



Aries
March 21 - April 19



Libra
September 23 - October 23

Your emotions will be your downfall. Take a breather and clear your plate and give yourself a fresh start.

You have a hard time saying "no." Don't be shy. Later, if you don't work to do something, it's perfectly acceptable to say so.



Taurus
April 20 - May 20



Scorpio
October 24 - November 21

You have been blurring an unknown border for some time now. Maybe it was to start creating your own path.

Your fear of failure will be the end of your sanity. Don't worry just do your best, which is the only thing that is requested from you.



Gemini
May 21 - June 21



Sagittarius
November 22 - December 21

You have been caught up with your independence and that's good, but it might be time to get help from a peer.

You're forming a battle against yourself every morning and it makes you late for class. Maybe it's time to actually not that alone at 6:30.



Cancer
June 22 - July 22



Capricorn
December 22 - January 19

Someone has betrayed you and you're left feeling lonely and hurt. Don't worry, push yourself back up and keep going.

Something changed in your life and it wasn't planned but that's OK. Keep your head up and all your wishes will come true.



Leo
July 23 - August 22



Aquarius
January 20 - February 18

You have been a great help to your family and friends but it's time that you work on yourself for a while.

You have taken pride in knowing you can give a witty comment, but be warned, your sarcasm might get you in trouble.



Virgo
August 23 - September 22



Pisces
February 19 - March 20

You're worried about so many things. Virgo, relax and let whatever happens happen.

You have taken the easy route too many times to count. Stop up take the more and down to your favor!



The universe is speaking to you.



Useless Facts

Woodpecker sucs peapods roots and gruffs into hole all over wood its history.

Shakespeare invented the words "passionate" and "bump."

There is no solid proof if who built the first wheel.

Australian kids football was originally designed to give children something to play during the off season.

The state of Florida created the egg until they hatch instead of the female.

Sudoku Puzzle

	8					3		
7			9	8		5		2
	1	5		7	3	4		
5				2			9	8
	7			5			4	
9	8	3	7					5
			2	4		1	7	
3				6				
1	2	4			8	9	5	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Hockey															
S	Z	U	R	V	A	Y	O	S	B	R	O	T	A	N	E
U	G	O	A	L	S	K	C	U	N	A	C	N	A	P	O
K	Y	N	E	O	I	Z	A	Y	S	B	V	I	G	M	I
P	Z	I	F	G	J	F	N	L	G	G	H	A	Z	G	L
O	A	S	S	I	S	T	A	X	Y	D	V	T	A	F	E
S	E	M	A	L	F	P	D	O	D	S	P	X	Z	R	
B	F	A	P	T	S	K	I	E	M	L	U	A	O	E	S
U	Y	F	J	H	K	O	E	P	A	F	O	C	T	O	
O	T	T	O	A	O	X	N	P	L	X	E	E	S	U	B
T	L	T	I	Y	G	C	S	N	R	A	R	J	M	D	S
W	A	K	P	S	A	H	J	F	G	E	Y	K	X	D	O
O	N	K	I	Y	O	L	X	K	E	K	O	O	G	S	N
Y	E	F	A	T	P	S	P	U	L	G	E	H	F	G	M
Z	P	S	G	G	E	C	N	E	F	E	D	A	E	F	A
Y	V	P	X	A	E	C	L	J	P	X	E	A	F	E	S
S	C	A	O	J	H	M	H	X	W	L	R	F	C	O	K

LEAFS
CANUCKS
CANADIENS
JETS
FLAMES
OILERS
SENATORS
GOAL
PENALTY
ASSIST
CAPTAIN
DEFENCE
SLAPSHOT
REFEREE
GEAR
SLAPSHOT
PLAYOFFS
ICE
MASK
PLAYOFFS

**CONESTOGA
STUDENTS INC.**

CSI FOCUS GROUP PIZZA DINNER

FOR INPUT ON CREATING A POSSIBLE

CSI MOBILE APP

EACH PARTICIPANT WILL RECEIVE A

\$5 TIM HORTONS GIFT CARD

AND YOUR NAME WILL GO INTO A DRAW FOR AN

IPAD!



SIGN UP ONLINE AT:

CONESTOGASTUDENTS.COM/FOCUS-GROUP/

NOVEMBER 5, 12, 19, & 26 5:30PM – 7:00PM IN THE SANCTUARY

**1,000 WORDS
FOR
\$1,000 DOLLARS**

CSA LEADERSHIP SCHOLARSHIP

For more information about the application requirements, visit

scholarship.collegestudentalliance.ca

(Deadline: December 12th, 2014)

#CSASCHOLARSHIP





SPOKE



Abstract

12345678910111213141516171819202122232425262728293031323334353637383940414243444546474849505152535455565758596061626364656667686970717273747576777879808182838485868788899091929394959697989910010110210310410510610710810911011111211311411511611711811912012112212312412512612712812913013113213313413513613713813914014114214314414514614714814915015115215315415515615715815916016116216316416516616716816917017117217317417517617717817918018118218318418518618718818919019119219319419519619719819920020120220320420520620720820921021121221321421521621721821922022122222322422522622722822923023123223323423523623723823924024124224324424524624724824925025125225325425525625725825926026126226326426526626726826927027127227327427527627727827928028128228328428528628728828929029129229329429529629729829930030130230330430530630730830931031131231331431531631731831932032132232332432532632732832933033133233333433533633733833934034134234334434534634734834935035135235335435535635735835936036136236336436536636736836937037137237337437537637737837938038138238338438538638738838939039139239339439539639739839940040140240340440540640740840941041141241341441541641741841942042142242342442542642742842943043143243343443543643743843944044144244344444544644744844945045145245345445545645745845946046146246346446546646746846947047147247347447547647747847948048148248348448548648748848949049149249349449549649749849950050150250350450550650750850951051151251351451551651751851952052152252352452552652752852953053153253353453553653753853954054154254354454554654754854955055155255355455555655755855956056156256356456556656756856957057157257357457557657757857958058158258358458558658758858959059159259359459559659759859960060160260360460560660760860961061161261361461561661761861962062162262362462562662762862963063163263363463563663763863964064164264364464564664764864965065165265365465565665765865966066166266366466566666766866967067167267367467567667767867968068168268368468568668768868969069169269369469569669769869970070170270370470570670770870971071171271371471571671771871972072172272372472572672772872973073173273373473573673773873974074174274374474574674774874975075175275375475575675775875976076176276376476576676776876977077177277377477577677777877978078178278378478578678778878979079179279379479579679779879980080180280380480580680780880981081181281381481581681781881982082182282382482582682782882983083183283383483583683783883984084184284384484584684784884985085185285385485585685785885986086186286386486586686786886987087187287387487587687787887988088188288388488588688788888989089189289389489589689789889990090190290390490590690790890991091191291391491591691791891992092192292392492592692792892993093193293393493593693793893994094194294394494594694794894995095195295395495595695795895996096196296396496596696796896997097197297397497597697797897998098198298398498598698798898999099199299399499599699799899910001001100210031004100510061007100810091010101110121013101410151016101710181019102010211022102310241025102610271028102910301031103210331034103510361037103810391040104110421043104410451046104710481049105010511052105310541055105610571058105910601061106210631064106510661067106810691070107110721073107410751076107710781079108010811082108310841085108610871088108910901091109210931094109510961097109810991100110111021103110411051106110711081109111011111112111311141115111611171118111911201121112211231124112511261127112811291130113111321133113411351136113711381139114011411142114311441145114611471148114911501151115211531154115511561157115811591160116111621163116411651166116711681169117011711172117311741175117611771178117911801181118211831184118511861187118811891190119111921193119411951196119711981199120012011202120312041205120612071208120912101211121212131214121512161217121812191220122112221223122412251226122712281229123012311232123312341235123612371238123912401241124212431244124512461247124812491250125112521253125412551256125712581259126012611262126312641265126612671268126912701271127212731274127512761277127812791280128112821283128412851286128712881289129012911292129312941295129612971298129913001

Region	Population	Area	Population Density
North America	300,000,000	24,709,000 km ²	12.1
Europe	720,000,000	10,180,000 km ²	70.7
Asia	3,600,000,000	44,000,000 km ²	81.8
Africa	600,000,000	30,370,000 km ²	19.8
South America	300,000,000	17,840,000 km ²	16.8
Oceania	30,000,000	14,960,000 km ²	2.0

[illegible]

Single student card discussed

Abstract

Overseas students will be happy to know that the college is reinforcing curriculum and its many required, credit-bearing courses.

The student was the co-chair of Conestoga College's Chaired meeting to give the Chaired in addition to a home student card someone studying at Conestoga needs a separate card as arrival number to access the library, athletic complex and parking lots. In the case of a lost pass, the student card is cancelled with a special sticker which costs several hundred dollars.

According to John Conway, vice president of students, officers the college is aware of the redundancy and plans to end it.

"There are times as I've seen on our campus that our needs [during] what is the meeting asking that a number of us were at. Sometimes are being students to the student, and can be used. Ideally, students would not need anything but these standard cards as well to use a majority of the college services. If all goes well the plan will be to add, for the first school and next year."

Also discussed at the meeting were the IT department's work to integrate Microsoft SharePoint into Comshare's e-learning

Unit structure:	Connections:
(How it is organized)	(What it connects to)

Improvement is surface of the Quality Matters program) and the success of the CBE leadership conference which had about 700 attendees.


Michael Mink, one of the co-administrators of the software-implementing technology program, said he caught up the topic of cheating at security plans. Mink cited a recent case from a student in a faculty member whose the Masters had conducted physical evidence. Although nothing came from it, Mink was concerned that he may have heard about the case through another faculty member and that he should have been notified.

College President John Tibbitts belatedly qualified the question. "First, there is an assumption that we are stressing the importance of knowing the facts before reacting to any controversy."

"It's important to work together in the background."

If there was a serious threat the college would take any measure necessary. Little said nothing to Gordon and some instructors and colleagues consented to this too.

"Some variations may receive a phone call and the school is shut down. Two days later the phone rings and the school is shut down again and again."

[illegible]

Katelyn Wigglesworth, a first-year health office administration student, donated blood for the first time at a blood donor drive held at Concordia College Nov. 10.

Giving the gift of life

Faculty staff and students gave blood for a good cause Nov. 13 as the government of the worldwide order of Goodness Orders.

Last year the college was challenged to donate 75 units of blood at the blood donor clinic and by the end of the day 80 units were collected. The hope this year was the clinic would exceed that number.

The process takes about an hour from the time you walk in and fill out the required paperwork to the time you leave. The blood given is used within days to help save or improve someone's life. Every donation makes a difference and donors can give every 11 days.

Before donating blood you are asked to see which blood type you have which can be one of four: O, A, B or AB. There is also an 'Rh' factor which determines if your type is either positive or negative. It is important because your blood type affects who can receive your blood as well as which types

According to the Geriatric Blood Services website, "Blood and blood products are a critical part of everyday medical care including major surgery, medical procedures such as transfusions and managing chronic..."

Many students who attend at the blood clinic need a new liver test tube donated. These were replenished starting with each issue of

various attacks the donors
after their donation was com-
pleted.

In order to donate blood you must be in good health and be between the ages of 17 and 69.

"I don't like reactions but this one I like. And now finding Magliocco is just great for all office workers."

Anyone who wants, able to afford the drug but is not asked to donate blood can also be approached by calling 1-800-252-5742 or visit www.blood.ca.

[illegible]

WINTHY WEATHER HIT WATER ON BEACH



Abstract

First-year students will receive letters and packets related to the College's policies regarding student conduct. All students are expected to read and understand these materials and to sign a statement of understanding.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What did you want to be
when you were a child?



"For a while I wanted to be
a teacher."

Melissa Marcanoille,
first year
nursing student

"I wanted to be
a professional
hockey player."

Justin Alimonti,
first year
business administration
accounting



"I wanted to be a marine
biologist."

Anna Williams,
second year
game model

"A doctor. I thought it was
really cool."

Amber Rogers,
first year
financial planning



"I had this thing where I
wanted to sing songs to see
people (which I thought would
change their lives somehow)."

Kaitlin Pauchkoman,
first year
human services foundation

"I wanted to be
a professional vendor."

John Higgins,
second year
marketing student



Steve Conestoga, you couldn't do that, right?

NO GLOVE NO LOVE

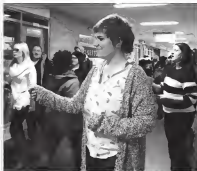


PHOTO BY BRIDGEMAN BECK/ALFRED

Heath and Alex Brice's Work initiative with J&J's condoms and Stony Brook encouraged safe sex on campus by handing out condoms to students on Nov. 13.

Interested in
a Bachelor of
Education?

Applications due
December 1, 2014

wlu.ca/education

Laurier's Bachelor of Education (BEd) program is designed to provide students with the necessary skills and knowledge to become effective teachers. The program is accredited by the Ontario College of Education (OCE) and the Ontario Ministry of Education. The program is a four-year program that includes a practicum in a school setting. The program is designed to prepare students for a career in education. The program is a highly respected and sought-after program. The program is a great choice for students who are interested in education. The program is a great choice for students who want to make a difference in the world. The program is a great choice for students who want to help others. The program is a great choice for students who want to be part of a team. The program is a great choice for students who want to be part of a community. The program is a great choice for students who want to be part of a family. The program is a great choice for students who want to be part of a society. The program is a great choice for students who want to be part of a world.

WILFRID LAURIER UNIVERSITY
WATERLOO | BRANTFORD | GUELPH | KITCHENER

LAURIER
Inspiring Lives

Photo: Steve Brice

Diabetes needs its own day

Friday, Nov. 14 was World Diabetes Day. They had just received real-time news because their already diabetes-free days – and sometimes even months – when people advocate for those affected try to raise money and awareness. I'm sure everyone heard of the Alzheimer's Disease Challenge by now, and NFL fans all over the world know where the next Super Bowl is being held, but why doesn't diabetes get as much attention? Simply put, it's underappreciated. Conestoga Students have known where there was a World Diabetes Day when I asked them if anything would be done at the college. Instead, they're probably quite focused on November at the moment.

Diabetes is a disease that doesn't get enough attention and based on how deadly it is and how many lives it affects, I definitely disagree with November as this National Diabetes Awareness Month, but even that takes a back seat to mainstream news.

Diabetes is a serious disease that has reached epidemic proportions in Canada. Linda Laine, communications manager for the Canadian Diabetes Association, said in an email, "Currently more than nine million Canadians are one or



Justin Ford
Speakers

four are living with diabetes or pre-diabetes – a number expected to rise to six in a million by 2020.

Diabetes is a disease where the pancreas stops producing a sufficient amount of insulin or when the cells in the body stop responding properly to the insulin being produced. There are three main types: Type 1 diabetes, which is autoimmune disease; Type 2 diabetes, which is the most common form; and gestational diabetes, which occurs during pregnancy. Type 1 diabetes is often referred to as "juvenile diabetes" because it is often diagnosed in children. Type 2 diabetes is often referred to as "adult-onset diabetes" because it is often diagnosed in adults. Type 2 diabetes is often referred to as "adult-onset diabetes" because it is often diagnosed in adults. Type 2 diabetes is often referred to as "adult-onset diabetes" because it is often diagnosed in adults.

Through technological advances in health care, diabetes has become more treat-

able. Still, there are serious long-term complications that often arise, such as heart disease, kidney failure, foot ulcers, and damage to the eyes.

I know a girl in high school who had diabetes and she seemed like a typical teen-age girl. She never seemed uncomfortable in any kind of place. Actually, she was a very polite and helpful person. Maybe she wasn't some like those that kind people like to get about how serious diabetes is and ultimately put its importance on the backburner in things like games and lunch time. After watching this girl live her seemingly normal life, I never gave it another thought, until a friend of mine's grandfather died from the disease.

"People with diabetes may develop heart disease 10 to 15 years earlier than those without diabetes," says Linda Laine. "It is estimated that having diabetes can potentially shorten a person's lifespan by five to 15 years."

World Diabetes Day doesn't come with a major catch phrase, pink umbrellas or white or yellow ribbons like things over their heads, but Canadian Diabetes awareness about the disease is a very low priority.

NETWORKING WITH PROFESSIONALS



PHOTO BY JEFF HARRIS

Diabetes Awareness was one of the organizers of an 11-month health camp in April 13. The event featured talks from industry professionals and networking opportunities. For the full story, see the article at www.ccnestoga.com.

Stop the Stigma campaign launched

BY JOAN KENNEDY

It is a well-known fact that one in five young people in Canada have a mental illness. They and part of their lives are every stress of those are not getting the help they need due to the stigma surrounding it. This means people to take the fact that they are at this is why the Canadian Mental Health Association launched the Stop the Stigma campaign.

The campaign's main goal is to change people's perceptions of mental illness, reduce the stigma that surrounds it, and to help people with mental illness get the help they need. The campaign is a multi-media effort that includes a website, a brochure, and a video. The website is www.stopthestigma.ca.

Public relations students at Conestoga held a meeting on Nov. 14 at the Blue room to bring awareness to mental health issues and the Stop the Stigma campaign. They partnered with Shyla Smith at Work for a company that helps other companies build a new business model with the goal of changing culture of business and reducing high stress occupations such as

law and police. According to Krista Stewart, a public relations student at Conestoga, the meeting was great, covered "first response" to mental illness, and provided a lot of information and resources.

The panel speakers were Debbie Mathis, a retired police officer of 24 years, who shared a personal story of her experience with mental illness, and Mark Dine, author of the book *One in Five: How to Live with Mental Illness*.

One main goal was to provide information about the importance of removing stigma in both private and public workplaces and the Ontario Mental Health and Addictions Council (OMHAC) at York University. The plan is to use this information and provide open dialogue with people who are entering careers.

Conestoga used over the last six months 20 respondents in Ontario have taken their time to share their story and provide help to the campaign. Stop the Stigma campaign organizers hope their campaign will encourage people to get help so they become available to help instead of becoming a statistic.

Commuters fed up

Conestoga students, faculty and staff who park in the commuter lot, part of the street, from the college are being asked to park in a new lot.

According to a notice in the weekly email, students should not park in the commuter lot, but in the new lot. The notice was sent by the college's Corporate Communications Department. The Ontario Ministry of Transportation recently contacted Conestoga to express concerns about drivers using the commuter parking lot on Queen Street West.

The Ministry said it was receiving complaints from commuters who cannot access the lot because all available spaces have been taken by those parking in the college-related lot.

According to the email, staff, faculty and students who use that lot are being asked to get the largest, the intended purpose by using on-campus parking or making alternate arrangements or transportation arrangements.



PHOTO BY JOAN KENNEDY

Public relations student Shyla Smith spoke about the Stop the Stigma campaign at a meeting on Nov. 14 at the Blue room to bring awareness to mental health issues and the Stop the Stigma campaign. They partnered with Shyla Smith at Work for a company that helps other companies build a new business model with the goal of changing culture of business and reducing high stress occupations such as

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

YOUR EMERGENCY? 9-1-1 WHAT'S

9 in 10 Canadians are at risk
for heart disease and stroke.

We're calling on you, so you're not calling on them.

Please give generously. Visit heartandstroke.ca



HEART &
STROKE
FOUNDATION

Students demonstrate their designs

BY CAMERON PERCIVAL

Despite innovative designs for pouring coffee and transferring doughnuts to plates, two laptops went to eating yesterday.

At the North Robinson Design Day at the Cambridge campus on Nov. 13, students in the second-year engineering technology program built elaborate engineering machines that could be used to pour coffee into a cup and place a doughnut on a plate. However, the contraptions were far from simple or efficient.

William Heath Robinson was an English cartoonist and illustrator who was known for drawing ridiculously complicated machines for achieving simple objectives.

As part of their problem-solving and design class, the students were put into eight different teams and were told to design and build a Heath Robinson structure in four weeks. Each team constructed their design by using a variety of materials such as wood, cardboard, string and tape. From over 100 designs, a maximum of eight features were incorporated in each of the teams' designs and additional marks were given if extra steps were incorporated as well as if the students didn't have to help during the process.

The teams used software called Arduino by writing code to interface the Arduino electronic boards that were attached to the structures initiated the



PHOTO BY CAMERON PERCIVAL

Quinn Patterson, Mary Dwyer and Dylan Wolke, all second-year engineering technology program students, are the finishing touches to their design that runs design before having to put it through its paces on Nov. 13.

vacuum steps. Each machine was started by having a ball pushed by a small pin to activate, starting the entire sequence. Some designs incorporated laser beams as well. They built their designs to ensure an assembly line. Some were very creative, such as groups where where objects triggered a small robot to move back into position.

But it wasn't an easy process. It was challenging getting each mechanism to

run consistently. The teams quickly learned that the only thing consistent was trial and error.

"It's always the small things that cause trouble and Quinn Patterson, a group member from team one, "You think that doesn't happen very often, but trust me, it builds up. It really is a challenge getting repeatability to work."

The judging began at 8:30 a.m. as Henry Kestner, the professor of the problem-solving

and design class, expert of each team's structure. He also kept track of the students who had to help during the process as well as how long the sequence took.

Other faculty members and students from around the campus casually observed each of the team's projects. The teams were awarded cash in the faculty members as they could vote on their favorite Heath Robinson design. As the event went on, the balloons were mounted and teams

are awarded the winner. The winners were Quinn Patterson, Mary Dwyer, Dylan Wolke, and John Dwyer. The winners were happy but surprised that they had won.

"We had a hard time," Quinn said. Group members joked about the challenge, saying it took them 12 hours to build the mechanism.

It was clear that teams, on along with the other teams, enjoyed the project and its challenges.

LADIES CELEBRATE THEIR SUCCESSFUL LAUNCH



Savannah Plouffe and Ashli-Ahvi filed out their code at their "NewCampus" website launch party. Plouffe and Ahvi are campus coordinators for the online magazine.



PHOTO BY CAMERON PERCIVAL

Kaitiaki Moore (left to right) Kaitiaki Moore, Team member, Ashli-Ahvi, Savannah Plouffe and Kaitiaki Moore (right) after the party. NewCampus.com features style, beauty, health, life and career content.

Ontario smokers told to butt out

BY BETH COOPER

As of Jan. 1, a smoking ban will see bars and restaurants, public playgrounds, sports fields, ice rinks and playgrounds added to the list of places where smokers aren't permitted to light up. Those who forget or ignore the ban could be fined \$100 to a fine of \$1,000, says Ontario's Minister of Health, Michael Rona. He called the regulations a "gamebreaker" at best. What he means is that across Ontario, such municipalities as Mississauga and Brampton are passing regulations regarding smoking. But even the provincial government has stepped in to make smoking regulations possible.

The changes will also ban the sale of tobacco on college and university campuses, which won't affect Ontario's two main universities but will add more.

Jeff Michaluk, a Waterloo resident, said "I think it's absolutely ridiculous. First, we weren't allowed to smoke inside restaurants so we moved to only smoking outside but now we're not even allowed to do that."

"Does the government will

be making regulations that say when we can and cannot eat, he added.

Michaluk was concerned about the government's stance on smoking. He pointed out that it is a free-paying citizen of Ontario, he should have the right to make his own decisions.

"I made the choice to start smoking and although I do understand that not every one wants to be around me, it's ridiculous for the government to put rules on the outdoors," he said.

Chris Hensley, a first-year journalism — guest student, said "As a non-smoker, I think banning smoking from public places is a good thing, but I also understand how much it's hard to tell other people that you can't do that. There's a fine line but if you want to smoke and you're on a public, there's a real big line anyone can't really get past."

The new ban will also ensure that people who wish to smoke around playgrounds, public sports fields and similar areas such as ice rinks must be at least 25 metres away in order to keep children and other less than of several hundred people.

Restaurant patrons will



PHOTO BY BETH COOPER

Faith Vennart (left) and Christie Stewart, both first-year supply chain and operations students, don't mind with new air being ban that goes into strict law. 1.

not have the same luck when it comes to a 25-metre zone.

Rona's law assured the restaurant industry that the new law will not hurt business and by giving advance notice, patrons will have time to adjust to the change.

as before the spring session across.

By requiring bars on smoking on public service and patrons will have less exposure to second-hand smoke.

According to the government, tobacco kills 13,000

Ontarians a year and costs the health care system \$5.5 billion annually.

With tougher restrictions on tobacco, Ontario has seen a drop in the number of deaths from 14.9 per cent in 2000 to 18.1 per cent today.

CONESTOGA STUDENTS INC.

Sponsor A Child

Christmas Wish TREE

Making sure every child has presents under the tree!

SPONSOR A CHILD FROM
November 12
 UNTIL
December 1

PLEASE NO GIFT-WRAPPING
 (GIFTS CAN BE IN A GIFT BAG)
 NEW GIFTS ONLY!

REGISTER AS A SPONSOR IN THE CSI OFFICE ON YOUR CAMPUS

Movember promotes men's health awareness

BY PHILIPPE STAMBEK

December is fast approaching and with it comes Movember, an almost new

The annual event encourages men to grow moustaches to raise awareness about men's health issues, particularly prostate and testicular cancer.

According to Movember Canada, the average life expectancy for Canadian men is less than for women. One in five Canadians will experience a mental health problem each year and about two in five will develop cancer. However, "avoidable" early deaths account for 74 per cent of premature deaths among men.

The best way to get involved with Movember Canada, raising funds to co-sponsor clinics and, understand the health issues that men face. For both men and women there is a link now to discuss their health and social issues.

"Movember is a local word which is becoming a big thing these days," said Peter Poon, a first-year human services foundation student. Poon has a moustache that started

about 11. "I think it does help the cause. Men deserve more help at all really fast. That's why I don't really do this much as it shows my facial features a great look but that for the point of awareness I think it's a good thing to do."

At the college, Conestoga Students' Union (CSU) held a photo contest. The men from Nov. 3 to 11. The contest encouraged men to share their facial hair in support of Movember. After they shared they were in a photo of their class-mates' face via Instagram or Twitter with the hashtag #movemberatconestoga.

On Nov. 11, contestants had to go to the CSU office where a photo was taken of their facial hair. The before and after photos were viewed and voted on with the men having the top three choices receiving a prize. The winner was a television, second place received a gift card and the third place was a money gift basket.

Another way Conestoga has been increasing awareness is by raising funds with proceeds going to the Movember Foundation via the CSU Games Hub. According to Movember

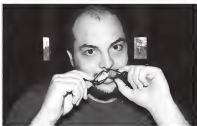


PHOTO BY PHILIPPE STAMBEK

Hyatt-Peters, an 18-year-old nursing student, holds up a Movember-themed moustache in the Sanctuary at Oso campus on Free Food Friday which was held on Nov. 14.

Canada's website, over 50,000 students, from universities and colleges across the country raised over \$2.6 million last year. The current amount raised this year as of the end of Nov. 16 is \$785,133.

"It's not only about the funds but more about the conversation," said Josh Hulse of 109 Movember, a current sophomore with 519 Online News. "Women can get involved by encouraging their men to go

see the doctor to have their conversations that need to get done like to have and then to be active in the community. Students can donate to the cause either through CSU or online at Movember Canada."

CONESTOGA IS TEARING UP THE DECKS



PHOTO BY PHILIPPE STAMBEK

The DJ Spinache starts the night at Conestoga's Expresso 101 and the DJ is very energetic. He came out and gave some fun. For more information watch this video at www.sportsnet.com.

IT'S ALL FUN AND GAMES



PHOTO BY PHILIPPE STAMBEK

Sarah Peltch is a sophomore at Conestoga College and a member of the student body. She is about the recreation center, renovation and upcoming community events and information.

The space odyssey of the year

BY NATHAN BROWN

It all starts with a movie.

Opening on theaters Nov. 7, *Interstellar* hit the big screen with a bang. Written and directed by the legendary Christopher Nolan (*The Dark Knight* trilogy and *Inception*), the sci-fi thriller plays the minds of moviegoers but also leaves people craving more.

Set in the future, Earth is running out of its natural resources. Cooper (played by Matthew McConaughey), a former pilot for NASA, built over a farmer, discovers a gravitational phenomenon on his house, which leads him to stumble upon a top secret NASA installation. Cooper discovers that a wormhole has been placed inside Jupiter, made out of pure gravity, manifested by NASA, to have been created by an alien civilization. Through it, he finds a new planet to colonize.

Inspired by *Jules Verne* (played by Anne Hathaway), Cooper sets off to see what's on the other side of the wormhole to try and save the human race from extinction, but is not prepared for what awaits him on the other end.

The movie starts a problem scientifically, asking what to explain things to the audience, such as figuring out the difference in hours and days from planet to planet. The lengthy scenes of talking help explain what's going on and why things are happening.

The timing and message may play the importance of phenomenal bringing a new light to the minds of sci-fi fans, even-covered planets to space-over terror to the film is also you feel like you're watching with McConaughey on a dramatic planet as the far reaches of space.

Ultimately, in a few decades, around the globe, the movie has exposed con-

cerns about not being able to hear the clock. Nolan took on the defense on behalf of his blockbuster space drama, saying, "It was about the way with an emphasis on the movie."

Nolan has a subtle sense of humor, but not only successfully created the sci-fi genre, but has created a new way for people to view space movies, with new top action effects and scientific possibilities that will make you wonder what's out there amongst the stars.

Interstellar kept me on the edge of my seat, with just barely left, right and center and danger, however, at the characters that make you feel like they're there.

Although it is a little hard to follow in some scenes, the movie still delivers with extraordinary cinematography and an incredibly realistic view, just through time and space.

I give this movie five out of five stars.



INTERSTELLAR

The timing and cinematography for this movie is phenomenal and brings a new life to the movie of sci-fi.

HEARING IS A SOUND INVESTMENT

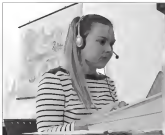


PHOTO BY SARAH JOHNSON

Training and student special students find their programs a virtual learning experience. At the University of Arizona, a technology student Katherine P. Brown was one of the many students conducting the tests. Due to the demand for a program, more will be conducted at the center. For more information, see video at www.spokeonline.com.

BIRDS OF A FEATHER CELEBRATE TOGETHER



PHOTO BY SARAH JOHNSON

After a long day, a nature enthusiast at the Cambridge University Center today celebrated the end of the year's birthday on Nov. 25. For more on video at www.spokeonline.com.

spoke
Online Video

Now 100% compatible with student life
visit www.spokeonline.com for up-to-date video content

